

From the Fire Chief

Hopefully the warm weather is here to stay! A lot of things have been happening since our last edition. In January and February we experienced our share of inclement

weather. During each of the winter storms, the Division came together to ensure we were prepared and ready to respond to the needs of the citizens. I want to recognize our City partners, Police, Public Works, Emergency Management, 911 Call Center, and Fleet Services for their outstanding efforts during these events. The teamwork between city departments was phenomenal.

During February's Virginia Fire & Rescue Conference in Virginia Beach, Hampton Fire & Rescue received two awards, the Governor's Award for Excellence in Virginia Public Fire and Life Safety Education, and the Virginia Fire Chiefs Association's Best Practices in Fire Service Health and Safety Award — Combination Department. I'd like to thank all of the Division members whose efforts led to this positive recognition. Highlights of the conference and information on our award submissions are included in this issue of *Smoke Signals*.

Hampton Fire and Police recently hosted the 9th Annual Search and Rescue Forum at the Crowne Plaza Hampton Marina, March 2-6, 2015. The forum included classroom training and practical evolutions to train first responders in the basics of search and rescue execution. The forum provides valuable training and offers networking and increased opportunities for coordination between responders and the local maritime community. The symposium was a success and I want to thank our MERT personnel for facilitating and assisting with the training program.

The Innovations Equipment Committee has been hard at work developing policies, inventory apparatus, standardizing equipment and implementing a program for switching out reserve units. The committee has also developed an electronic form to report equipment repairs and discrepancies utilizing Target Solutions. Great work!

I have met with staff to review equipment requests and recommendations. As a result a purchase order has been pro-

cessed for "Image Trend" to serve as our new records management system. This program will support both fire and EMS reporting and eliminate the need for dual reports.

Btn. Chief Barnett, Health and Safety Officer, suggested that we purchase a second Nomex hood to support our cancer prevention initiative. Please review carefully his article, **To Your Health**, in this newsletter to improve your chances of remaining healthy and cancer free both during and after your fire service career. Btn. Chief Berry of Logistics is currently getting prices for the additional hood, to allow for proper laundering which will remove contaminants and carcinogens between fires.

We are also purchasing some additional equipment to standardize and enhance both squads. New High Rise packs will be ordered for the "01" and reserve engines to standardize hose line operations. And, I am happy to report that the chassis for the new medic units have arrived and production is at about 75% for all five units. I anticipate final inspection by the last week of April. If all goes well, we should have the units in service by June 2015.

On a final note, congratulations and thank you to all of Hampton's Telecommunicators as you celebrate National Public Safety Telecommunicators Week. The training, dedication, and commitment to excellence required by Emergency Dispatchers plays a vital role in keeping public safety personnel in the City of Hampton safe each day. We appreciate and salute you.

Thanks again for all you do, and STAY SAFE!

Fire Chief David E. Layman

IN THIS ISSUE

GMU STUDENTS INVENT EXTINGUISHER | ANNUAL BURN SURVIVOR'S WALK | HAMPTON ROADS FIRE OFFICER ACADEMY GRADUATES | FIRE & RESCUE CONFERENCE HIGHLIGHTS | MAKING THE INCONVENTIONAL STRETCH | EMPOWERING YOUTH—CAMP HOPE | HAMPTON'S HEROES SUPPORT RELAY FOR LIFE | TO YOUR HEALTH | EMPLOYEE SPOTLIGHT | OFFICER IN-SERVICE TRAINING | BOWLING FOR A CAUSE | EDUCATOR PRESENTS LUNCH & LEARN SESSION | EBOLA HITS HAMPTON | BIRTHDAYS |

GMU Students Invent Revolutionary Fire Extinguisher

irefighters may be snuffing out blazes with deep-toned sound if a new device invented by two students in Fairfax, Virginia, catches on.

Two George Mason University engineering students — Viet Tran and Seth Robertson — have created a potentially revolutionary device, a new-fangled fire extinguisher, that uses low-frequency sound waves to snuff out fires. According to TechExplore, Tran (a computer

engineering major) and Seth Robertson (double engineering major) "started with the simple idea that sound waves are also mechanical or pressure waves (due to the back and forth motion of the medium in which they pass through), which can cause an impact on objects." Through trial and error, the students figured out that ultra-high frequencies didn't do very much, but lower frequencies in the 30 to 60 Hertz range can blow a small fire right out.

Putting out a blaze usually leaves behind a big mess — chemical residue in every cranny, or gushing water



Robertson.

that ruins what the flames failed to devour. Sound waves are much cleaner—Robertson and Tran's sound wave device is free of toxic chemicals and eliminates collateral damage from sprinkler systems. Mounted on drones it could improve safety for firefighters confronting large forest fires or urban blazes. "Fire is a huge issue in space," said Tran. "In space, extinguisher contents spread all over. But you can direct sound waves without gravity," explained

Tran and Robertson now hold a preliminary patent application which gives them a year to talk publicly about the invention, to test the market, and to determine whether pursuing the patent makes sense," said Carolyn Klenner, intellectual property paralegal, in Mason's Office of Technology Transfer.

View the YouTube video, https://www.youtube.com/ watch?feature=player embedded&v=uPVQMZ4ikvM.

Source: Ben Brumfield, CNN; Open Culture, George Mason University and Molly Brauer. Photo Evan Cantwell

FIRST ANNUAL BURN SURVIVOR'S WALK

Sentara Norfolk General Hospital and Eastern Virginia Medical School have been hosting a burn survivor's reunion for several years. This year survivor's wanted to add a memorial walk on the hospital's campus in memory of firefighters who lost their lives in the commission of their duties—more specifically, while trying to save a victim. Firefighters from around the region were invited to participate in the brief ceremony and walk that was scheduled to follow. Hampton Fire & Rescue was represented by a small contingent and many area department sent representatives as well.

The event was organized by Valeria Mitchell, Trauma Program Manager for Sentara, along with survivors and scheduled for Sunday, March 1st. The turnout was lower than anticipated since one of the region's two snow storms occurred a few days prior.

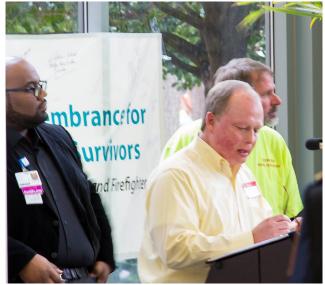


Photo: Amanda Sibert

40th Annual Virginia Fire & Rescue Conference Highlights

Members of Hampton Fire & Rescue got to enjoy the limelight during this year's conference for more reasons

than one, starting with the fact that Hampton Fire Chief David Layman was installed as the 2015 president of the Virginia Fire Chiefs Association during the opening ceremony on Saturday morning. Capt. Charlie Kempton was also sworn in as president of the Company Officer Section during the ceremony—his second year in the post.

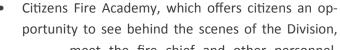
Deputy Fire Chief Jason Monk was recognized for having obtained his Executive Fire Officer Certification; Assistant Chief Tracy Hanger was recognized for obtaining the Cen-

ter for Public Safety Excellence's designation as a Chief Fire Officer, while Medic Firefighter Joshua Simmons received a scholarship award from the Virginia Fire Chiefs Foundation.

The Division was the recipient of the Governor's Award

for Excellence in Virginia Public Fire & Life Safety Education for following the programs:

Camp Fury, which promotes leadership, teamwork and respect among teen girls in grades 6-12, while allowing them to explore fire and rescue and other male-dominated career fields. The is jointly camp sponsored with



meet the fire chief and other personnel, learn what it takes to provide fire and EMS services for the city, and participate in a variety of hands-on experiences such as fire extinguisher and CPR training. The Academy is coordinated by Lt. Joe Brown and Capt. Charlie Kempton.

- Home Safety Survey Campaign which reached 52,000 private residences and multi -family complexes during 2014 to offer assistance in identifying and correcting fire and injury hazards. Btn. Chief Mike Birdsong and Asst. Chief Maurice Wilson were responsible for coordinating the campaign.
- Hampton TRIAD Partnership, Hampton Fire & Rescue along with the Hampton Sher-

iff's Office, Police Department, and other city agencies and organizations focus on the full array of needs of senior citizens in the city. Lynn Cherry-Miller coordinated the fire department's participation in Triad the past several years before turning it

> over to Fire Educator Corey Johnson late last year.

The Division also received the Best Practices in Fire Service Health and Safety Award in the combination department category for establishing a dedicated Health & Safety Officer position, along with the establishment of a program provide annual physicals for all operational volunteer personnel.



Lynn and Mark display information and promotional items created to support the statewide safety campaign, "Shut the Door on Fire!" Photo: Susan Rueger

the Girl Scouts of the Colonial Coast and is coordinated by Lt. Denee' Nichols and M/FF Jami Salvio.

Even before the conference got underway, Division members Lynn Cherry-Miller and Capt. Richelle Wallace

40th Annual Virginia Fire & Rescue Conference Highlights

were busy working on the Statewide Safety Campaign, "Shut the Door on Fire!" Since the campaign message is sponsored by Hampton Fire & Rescue, Virginia Department of Fire Programs (VDFP), and the Virginia Fire Chiefs Association, it was only fitting that it be introduced during the conference.

Lynn is responsible for the concept and character, 'Flo the Firefly,'—the voice behind the campaign. She also drew the character. Captain Wallace, along with her crew worked on the campaign slogan and are credited with the statement, Open doors and open floors make fire grow. Both met with Mark Bluff, Marketing Manager for VDFP to discuss how to kick off the campaign, which is based on research provided in the presentation "Bringing Fire Dynamics Research to the Fireground."

The comprehensive campaign was developed to communicate vital message that can save lives across the Commonwealth. In addition to having working smoke alarms and practicing exit drills in the home, research indicates that sleeping with the bedroom door closed dramatically reduces room temperatures and increases your chances of surviving a fire.

Why 'Flo the Firefly'? Messages are often communicated by characters, and both children and adults have fond memories of catching fireflies and watching them twinkle on warm summer nights. Since the message primarily targets bedtime, we felt the correlation would be easy. It's simply another tool

Our hope is to reach children and adults using simple promotional items such as the glow-in-the-dark Wrist-

in the toolbox.

band with the message and informational insert, and the door hanger which reminds you to sleep with your bedroom door closed, which were placed in conference attendee bags. Coloring pages with the message have also been created. Doesn't every proud parent have his kids masterpieces prominently displayed in the home?

Additional materials that can be downloaded from VDFP's website, and our own once it has been updated, are being developed. We will also order some of the promotional items for distribution to the public.







In addition to the many educational opportunities offered by the conference, attendees also enjoy seeing apparatus, equipment, and gear from a variety of vendors in the exhibit hall. They also have a chance to speak directly with vendors regarding their products.

40th Annual Virginia Fire & Rescue Conference









Above right Chief Layman makes his remarks as the new president of the Virginia Fire Chiefs Association. Below right he is pictured with Deputy Executive Director of VDFP Brook Pittinger, Executive Director of VDFP Melvin Carter, and Virginia's Deputy Secretary of Public Safety Adam Thiel.





Photos: Lynn Cherry-Miller

Making the Unconventional Stretch

We may find ourselves in a situation where we have to consider an unconventional method of stretching to upper floors via the exterior of a structure, to gain the tactical advantage for a multitude of reasons. These reasons could include the following: operating in a multiple family occupancy, an area that has limited access for apparatus, the need to stretch multiple lines into one structure while avoiding overcrowding the interior stair wells so that occupant removal is not hampered, or lastly, you may be operating in a structure with a malfunctioning or nonexistent standpipe system.

Once we have sized up our area of operation and determined that this alternative method of stretch is suitable for a single line, members may employ the following techniques to accomplish the stretch. The nozzle firefighter deploys sufficient folds of hose to an area below the target where the line will be stretched. This could be a window or a balcony, depending on the type of structure. Be sure that you estimate the number of lengths you will need to make the fire apartment. A good rule of thumb to remember is one length is needed for every four stories of elevation, plus two lengths inside the structure (one length to reach the fire floor plus one working length).

The backup firefighter remains on the exterior with the hose folds while the officer and nozzle firefighter proceed into the structure carrying at a minimum of sixty foot of utility rope and a set of irons. The crew will then ascend to the floor below the fire. This area should provide a tenable environment in which the interior team can operate. This also allows for the ability to defend the stairs as opposed to stretching to the fire floor and risk being cut off from the egress point. Once the members are in a tenable environment such as an apartment, they will remove the window by simply opening it. However, should it be necessary to take the window, ensure all the glass is removed so it does not cause damage to the line. This part of the operation allows the officer the ability to conduct an interior size up so that he or she can gain valuable knowledge on the geographical layout of the fire

apartment.

Next, the interior crew should tie off one end of the rope to a substantial chor point inside the structure, such as a railing, or quickly breach a wall and wrap the stud. Then the rope is lowered out the window to the backfirefighter below who se-



cures it to the hose line. Once secured, the member on the interior stretches it up the side of the structure, while the backup firefighter serves as a guide. Once the hose line is in the window, the interior members can disconnect the rope. Or, it can stay in place and be utilized as a search line by members searching away from the hose and finish making the stretch to the area of operation while the backup firefighter proceeds in to join the interior members. Once in place flake out the line and ensure all the kinks have been removed. Before charging the line, the hose should be secured to a sufficient anchor point with a hose strap or webbing. Securing the line is essential because the weight of a charged line and nozzle reaction can be enough to pull the line right out of the nozzle firefighter's hands. This method of stretch also provides the ability to stretch a charged line if needed.

This article serves as another tool for your tool box. No matter what type of stretch you utilize, remain disciplined and ensure you are selecting the right caliber line and taking it to the right location one hundred percent of the time. If you need assistance or have questions, feel free to contact me at the Training Center, 727-1094, or via email at bdougherty@hampton.gov.

Until next time I will leave you with this old adage, "As goes the first line, so goes the fire."

Instructor Brad Dougherty
Professional Standards Branch

Empowering Youth through Enlightenment—Camp HOPE



Camp HOPE, initiated by Lieutenant Cameron Dailey and Medic Firefighter Tracy Williams, seeks to address some of the needs of at-risk male youths with a two-pronged approach—mentoring, and an actual weeklong camp July 19-25.

Making young men aware of local resources, many of which they may not be aware, and of positive options, can bring desired outcomes; "hope" for a bright future. Teens between the ages of 14 and 18 will participate in the mentoring portion of the program, and up to 10 teens from 16 to 18 years of age will be able to participate in the camp. During the weeklong camp, youths will have an opportunity to experience the day to day activities of firefighters and explore the world of firefighting from the inside.

Participants will primarily be identified through the Hampton Performance Learning Center (PLC), a unique non-traditional learning environment for high school students that have not been successful in a traditional school setting. The Center, located on Briarfield Road, is operated and funded through the partnership of Communities In Schools of Virginia and Hampton City Schools. PLC offers students the opportunity to accelerate their learning, using a computer-based curriculum and project-based instruction in small group settings.

Others participating in the program must meet the same criteria; non-violent male youths who are less likely to transition successfully into adulthood and achieve economic self-sufficiency; or those who require temporary intervention in order to succeed.

Allowing students to participate in Camp HOPE provides them with another tool with which to aide in crafting their own successes. Activities are not limited to the fire service; participants will share in team building and individual achievement exercises, as well as be exposed to local business operations through day trips to area businesses. Both prongs of the program will utilize city resources and volunteers.

Hampton's Heroes Support Relay for Life



Police Chief Terry Sult and Fire Chief David Layman recently showed their support for Relay for Life by participating in a fundraising effort with Buffalo Wild Wings' "Eat Wings, Raise Funds" Program.

During the promotion, 10% of participants tab at Buffalo Wild Wings would go the American Cancer Society.

This is the second year that Hampton's Heroes, Fire, Police, and Sheriff's Office personnel have joined forces in an effort to support Relay for Life.

To Your Health



A few months ago baby wipes were placed on all front line units. As soon as possible after exiting a

fire, crews should wipe down their hands, neck, face, and if possible under arms as well. You might ask why I need to do this? Recent data states that approximately 700 firefighters die from cancer each year. As the Health & Safety Officer, I want to do everything I can to safeguarded personnel to the extent possible.

Multiple studies, including the soon-to-be-released NIOSH Cancer Study, have repeatedly demonstrated credible evidence and biologic creditability for statistically higher rates of multiple types of cancers in firefighters as compared to the general American popu-

lation including: • Testicular Cancer (2.02 times greater risk) • Multiple Myeloma (1.53 times greater risk) • Non-Hodgkin's Lymphoma (1.51 times greater risk) • Skin Cancer (1.39 times greater risk) • Prostate Cancer (1.28 times greater risk) • Malignant Melanoma (1.31 times great risk) • Brain Cancer (1.31 times greater risk) • Colon Cancer (1.21 times great risk) • Leukemia (1.14 times greater risk) • Breast Cancer in women (preliminary study results from the San Francisco Fire Department). We are just beginning to understand the magnitude of the problem.

So you can see there are many types of hazards that firefighters are potentially exposed to on a regular

basis. Some have limited impact on our lives and families now, but have the potential to impact us greatly down the road. So let's work to prevent the down the road stuff. Use the baby wipes after fire incidents and clean your turn out gear, helmet, and wash your hood regularly according to the manufacturer's instructions. Currently some members have only one hood; however, in the near future the Division will be providing all members a second one.

Take every precaution to maintain you health and safety and follow these steps from the Firefighter Cancer Support Network to protect against cancer:

C—clean or change out your PPE after every working fire.

A—after every fire, take a shower and change your clothes ASAP

N—Never wear or place dirty PPE in living areas, including your car

C—consider sunscreen and wearing a hat while working in the sun

E—exhaust is deadly, be sure to use your station's exhaust systems

R—remember to get annual physicals, including cancer screenings

S—SCBAs must be worn from entry thru overhaul, no exceptions



For additional information on cancer in the fire service and ways to protect yourself, visit www.firefightercancersupport.org.

Btn. Chief David Barnett Health & Safety

Photos: Lynn Cherry-Miller

Employee Spotlight



In December Battalion Chief Jeff Bartgis will have been with the Division for 30 years. And, provided he is still enjoying the job, he can easily see himself here for

Jeff, a Hampton native, began his association with the fire service when at his best friend's urging he joined Northampton Rescue Squad. After high school, he was employed briefly by Newport News Shipyard before becoming a full-time member of the Division.

The majority of our time was spent talking about his family—Rene, his wife of 31 years, a high school Chemistry teacher for Isle of Wight County, and his daughters; Jennifer, the oldest now living in Fayetteville, NC is about to make him a grand dad, and Amy who is engaged and completing a Master's program at CNU with hopes of going into college administration. Though it was clear how proud he is of their accomplishments and their independence, the transition from taxi dad, taking them to girl scout meetings, karate, and the plethora of other activities, to where they are now hasn't been the easiest. Nothing was more difficult than when Jennifer graduated from William & Mary, moved to Alabama to work for the federal government, and got married all within a month of Amy leaving home for college. He is happy now to get the occasional call for assistance from Amy, and to have reduced the commute to see Jennifer to just 5 hours and a state away, especially with the baby due in September.

Jeff sees himself as a fair person who communicates clearly what he expects of those under his command, and what they can expect from him as well. He's had the opportunity to work with some good officers and chiefs over the years, but notes that even with the ones who are less than stellar, there is always some-



thing you can learn. Experience too has brought calmness—thought he is always upfront, he is not the hothead he was earlier in his career. He's never felt that he was above doing any of the menial tasks required to get the job done and operates on three basic rules with subordinates; come to work, do your job, and keep him informed.

Safety of personnel is always a concern and challenge especially with new construction methods and materials, but there is also the daily challenge of doing more with less—increased work loads with no increase in compensation, Jeff says. He also notes the hiring trends, which point to generational differences where many new employees view the fire service as only a temporary stop, rather than as a career.

Jeff understands the value of having a life outside of the Division and enjoys having time to himself to destress by doing projects at home. He also enjoys traveling, going to car shows, and occasionally restoring a vehicle.

Jeff is in the middle of his siblings—two brothers, one older and one younger. He is a Bethel High School graduate and has a Bachelor's degree in Fire Administration. He and Rene make their home in Carrollton, VA.

LCM

City Representatives Present Officer In-service Training



The second half of the Officer In-service Training Sessions were conducted by Assistant City Manager Steven Bond, Human Resources Manager, Laura Thornton, and Senior Assistant City Attorney Everett Bensten. Each provided a brief overview of his/her respective area of responsibility and discussed potential pitfalls and best practices for success as supervisors—in short, new tools. "If your only tool

is a hammer, every problem looks like a nail" is a popular adage which indicates that the tools we are able to apply to problems can alter our perceptions of the challenges we face and the solutions that are appropriate.

ACM Bond outlined officer responsibilities and expectations; as well as the need to exercise good judgment;



and, in addition to adhering to the Division's motto, developing a personal one related to the job and management.

HR Manager Laura Thornton detailed employment law and practices that when applied could reduce the number of grievances, lawsuits, and EEO claims while building respect in the workplace.

ACA Bensten discussed some of the legalities involved with social media and the media, first amendment protections, and the test to determine if the employee's speech is protected, along with FOIA requests and subpoenas and how both should be handled.

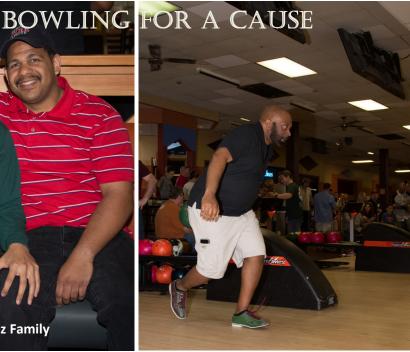


BOWLING FOR A CAUSE

On Saturday, April 4, Division members, including some retirees, came out to offer support for one of our own, M/FF George Gomez, whose son Jonathan was recently diagnosed with brain cancer. Jonathan was a student at TNCC prior to his diagnosis. Since that time, he's had surgery to remove the majority of the tumor, as well as radiation and chemotherapy.

Division members were able to support the Gomez family through donations in general, and by the purchase of tickets to participate in bowling fundraiser at Sparetimes on Armistead Ave. The fundraiser was organized by M/FFs Melanie Gray and Trevor Gruchow.











Fire Educator Presents Lunch & Learn Session



Fire Educator Corey Johnson explains the fire tetrahedron—the three elements required for fire, to city employees during a recent Lunch & Learn session on Fire Safety in the Workplace.

Corey is one of two fire educators recently added to the Division.

Beginning this month, Fire Extinguisher Training will be offered to interested city employees on a quarterly basis. Classes are limited to 20 participants per session and scheduled for two hours each at Bethel Station #11. Classes have a fire safety workshop and the hands-on extinguisher use training.

Ebola Hits Hampton



Sentara Careplex held an infectious disease exercise on Tuesday, March 31. In this exercise, a symptomatic patient with known exposure to Ebola Virus was transported to the emergency room by Medic Firefighters Carlton Flora and Leslie Book. One they arrived, patient care was transferred to a Careplex ER Nurse. Sentara proactively holds exercises to practice readiness and educates every clinician and worker across the system who may be involved in the diagnosis and care of potential Ebola patients on the proven measures for preventing the spread of infectious disease.



LAMOY, ERIK R. GRAHAM, JASON D. HARDIN, TY C. LUCAS, THOMAS J. THORNBURG, KAREN F. VEACH, TRAVIS M. MARSHALL, CHRISTOPHER B. BELL, JEFFREY S. VAN ES, EDWARD A., JR, BANTON, CHRISTOPHER T. CHITTUM, MICHELE PEREIRA, JEFFREY W. JOHNSON, KEVIN L. OSTROTH, FRANCES E. BARILLA, MICHAEL J. PRICE, RANDALL S. BURCH, PATRICK B. DOGGETTE, SCOTT M KING, BRAD M. LOPEZ, ROBERT MORELOS, JOSEPH N. SALVIO, JAMI S. MARTEL, ANDREW D. KOVACH, BRIAN R. ROGERS, WESLEY A. CROCKETT, EMMETT C. TOPPING, JOHN D., JR WALLACE, JAMES B. FARINHOLT, ROBERT C., JR SIBERT, AMANDA D. EARHART, BRIAN A. VAN ES, EDWARD A., SR CARPENTER, JOSHUA B. ORTHMAN, WILLIAM S.



LOWE, CHRISTOPHER D. BARGER, KERRI D. BIRDSONG, MICHAEL M. DAVIS, DOUGLAS L. DAVIS, ROBIN L. HUDSON, WILLIAM A. PERSONS, CHRISTOPHER L. KNICK, ERIC B. MICHAUD, DANIEL K. FLORA, WALTER S. JOHNSON, COREY L. JOHNSON, ALPHONSO, JR REAVIS, CHARLES C. SHEPHERD, BRANDON M. FARINELLI, SARA M. CRAWFORD, JASON R. DEON, MICHAEL D. BUTLER, JOSEPH M. LOSSEN, CHEERIE E. DOUGHERTY, BRAD J. JOHNSON, VERONICA D. SMITH, ANTHONY R. BROWN, JOSEPH E. MESSIER, KATHERINE M.

SMOKE SIGNALS IS PUBLISHED

February • April • June • August • October • December

DEADLINES

The 15th of January March May July September and November

Submit Information, Suggestions, Questions to: Lynn, lcherry@hampton.gov

LCM 10/31/12



